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GET JIGGY WITH IT

IN A METRO EXCLUSIVE, WILL AND JADEN SMITH SIT DOWN TO DISCUSS THEIR NEW FILM, FUTURE EARTH, THE POSSIBILITY OF A FRESH PRINCE JR. AND MOM JADA'S FACEBOOK POSTS ABOUT HER AND WILL'S 'GROWN RELATIONSHIP.'

PAGES 12 & 13

Double trouble for Knights

London drops Game 2 of the OHL Western Conference final in nail-biting double-overtime against the Plymouth Whalers PAGE 5

I dream of Juno

Carly Rae Jepsen, Leonard Cohen and the Weeknd were among the big winners at the Juno Awards gala. You can also read more online at metronews.ca PAGE 10

NEWS WORTH SHARING.

Integrity watchdog back in discussion

Conflict of interest.
City staff call for politicians to revive talks on issue

MARK SPOWART
london@metronews.ca

Seven months after city council voted 9-6 against creating an integrity commissioner, the city clerk and city solicitor want politicians to rethink the decision.

They'll bring a motion to Tuesday's corporate services committee meeting asking for a reconsideration vote. If it wins enough support, the issue will be back up for debate.

Coun. Joni Baechler, who pitched the idea last fall, remains on board. While council is governed by the Municipal Act and a code of conduct, without an enforcement arm it's like "having laws, but no police department," Baechler said on Sunday. "The laws have no value."

An integrity commissioner could also give advice on proper council decorum, a staff report says, and handle complaints about closed meetings, officials have said.

If an investigation were to find a politician in the wrong, council could issue a reprimand or suspend the person's pay for up to 90 days, the staff report says.

The previous council endorsed appointing a commissioner in late 2009 on the recommendation of a task force, setting aside $25,000 for the post but taking no further action. Several councillors who opposed the idea in September cited cost — which some have said could hit up to $500,000 a year — as the main concern.

Baechler has one message for those making the claims: "Prove your facts."

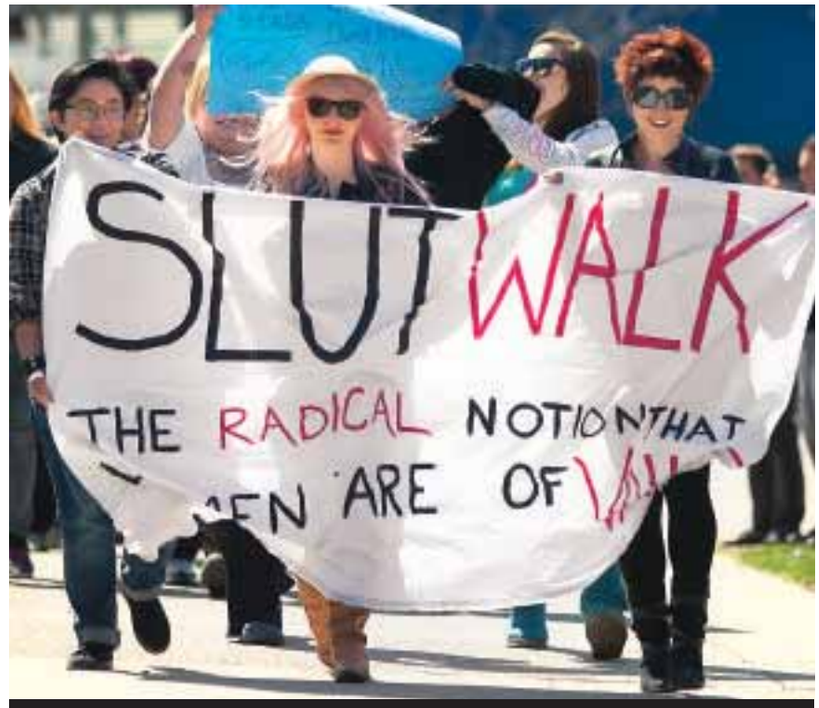
"When members of council are throwing around outrageous cost (estimates), I think the public gets very wise to them," she said.

Coun. Dale Henderson, who was in the "no" camp, still isn't sold on the idea. "I think we should wait for the ombudsman report, and at that point I think there will be some changes made," he said, noting an ongoing investigation into allegations that councillors violated closed-meeting rules during a February luncheon.

Read more council news on page 2.

Salary range

- A staff survey of integrity commissioners' pay in Ottawa, Mississauga, Hamilton, Kitchener and Toronto found that some earn a flat rate each year, while others get a flat amount plus an hourly or daily rate for investigations.
- The highest base cost is $200,000 in Toronto. The lowest base cost is $2,000 a year in Kitchener plus $150 per hour.



SLUTWALK MARCHES ON

The third annual London SlutWalk makes its way east along Central Avenue on Sunday afternoon. About 250 people made their way through downtown after a rally in Victoria Park. More coverage, page 4. MARK SPOWART/FOR METRO

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NEWS 1

Londoners launch fruit guild, expand food forest

Dillabough Street. Planting projects aim to provide free food and rebuild city's natural ecosystem

MARK SPOWART
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It won't be enough to feed a city, at least not this year. But that's just fine with organizers. They know this type of project takes a long time to grow.

Volunteers sowed some of the first seeds this weekend on what's been dubbed the Crouch Fruit Tree Guild — a plot of land at the end of Dillabough Street anchored by three fruit trees.

Once blooming, the fruit will be free for the taking, a project made possible through Sparks! community grant funding from the city.

The guild picks up where a project started last year left off.

Volunteers banded together in spring 2012 to start the Carolinian Food Forest, the first of its kind for London and a short walk away from the new fruit trees in the Thames River valley.

"We are bringing food production back into the city," said Jessica Robertson, a committee member involved with the project since the idea was first pitched to the city in fall 2011.

In many ways, the plots draw from the city's past, recreating the ecosystem that once covered London.

"We took a look at the site to determine what was there, then made a big spreadsheet that was vetted by horticulturists and, finally, the city," Robertson said. "We have planted wild plum, several variety of cherry shrubs as well as hickory, oak and white oak."

To date, more than 600 trees representing 40 different species have been planted in the food forest. The land already had a healthy dose of black walnut and apple trees from when the area was an orchard between the 1920s and 1950s.

As the forest grows and matures, Londoners will be able to take food for their own personal use. The group will offer workshops teaching people how to identify trees and shrubs that have been planted along with how to harvest responsibly.

"It is one thing to know that I can eat it, but collecting responsibly is a big thing to know," Robertson said.

While food production is one of the main goals, the deeper goal is education and community involvement.

The group will be working in the food forest today from 1 to 3:30 p.m. Everyone is welcome to help.

At a glance

- Several workshops and volunteer opportunities are planned around the Crouch Fruit Tree Guild and the Carolinian Food Forest in South Branch Park.
- Visit londonfoodforest.blogspot.ca for what's coming up in the next several months.

Cari Miller, 37, of London, spreads mulch Saturday as a fruit tree guild starts taking shape along a bike path in the Crouch neighbourhood. ANGELA MULLINS/METRO

Clean and Green. Campaign cleanup hauls in the trash

Londoners rallied Saturday to fill hundreds of garbage bags with litter from parks, neighbourhoods and riverbanks.

The 18th Annual Community-wide Cleanup, which capped off a 12-day Clean and Green campaign, saw garbage collected from about 130 locations across the city.

Items collected ranged from what one might expect — paper wrappers, cups, plastic bags, cigarette packing and cans — to larger finds including tires, furniture, car parts, toilets and chunks of concrete. The annual Thames River cleanup, also planned for Saturday, has been postponed until April 27 due to safety concerns caused by high water levels. METRO

Tonnes

10

Approximate weight of garbage in tonnes collected during Clean and Green campaign.

Staff proposal asking for a little R-E-S-P-E-C-T (at sports facilities)

Be respectful, be responsible, or get the heck out. That could soon be the message directed at sports fans attending events at city-owned arenas and fields.

Turning such facilities into respectful areas is the aim of a staff proposal headed to council's community and protective services committee on Monday.

Modelled on a policy — called RZone — launched by Oakville in 2005, the program would "foster an environment in which there is respect for others and in which individuals and organizations will take responsibility for their action," Bill Coxhead, director of parks and recreation, wrote in a report headed to the committee.

The city consulted between April and October with about 115 groups and organizations across London that use sports and recreation centres. Staff learned, among other things, that "a lack of respect and responsibility is a serious and growing issue in sport and recreation," the report says.

Groups consulted indicated a willingness to band together for a common goal and address the issue. They've identified ways the Oakville model could be adopted to address problems in London, the report says. The community and protective services committee meetings are at 1 p.m. at city hall.

MARK SPOWART/FOR METRO

LGBT activist earns honour

Archives. Richard Hudler to be inducted into national portrait collection next month

Richard Hudler CONTRIBUTED

The LGBT community is getting ready to recognize the man who flatly rejected a former London mayor's stance on gay rights nearly 20 years ago.

That man — Richard Hudler — is one of two LGBT trailblazers being inducted May 3 into the national portrait collection at the Canadian Lesbian and Gay Archives in Toronto.

Hudler, 70, lived in London from 1976 to 2001, participating in the gay-rights movement and presiding over the Homophile Association of London Ontario for more than a decade. He's best known for leading a human-rights case after then-Mayor Diane Haskett refused to issue a gay-pride proclamation in 1995.

"It didn't gain us a lot of friends in London at the time," said Hudler with a laugh. "Diane Haskett still won by a landslide in the election after that case."

Transgender activist Rupert Raj will also be inducted to the archives. After the ceremony, Hudler and Raj will be among the 79 people in the archives' national portrait collection.

Karen Stanworth, who sits on the portrait collection board, says Hudler's impact in the LGBT community is far-reaching and profound.

"He's had an ongoing interest in activism that is applaudable," Stanworth said. "He's made a significant contribution to queer life in Canada."

Despite moving to Toronto 12 years ago, Hudler says London's always been a "very important part" of his life. He visits regularly, attending the Pride London Festival most years.

Hudler, whose passion for activism remains strong, is still lending a hand when possible, volunteering with Queer Ontario and the Toronto Police Accountability Coalition.

JOHN MATISZ/METRO

At a glance

- The Canadian Lesbian and Gay Archives includes musician k.d. lang, actor Craig Russell and poet Nicole Brossard.
- You can see the full list at clga.ca/npc.

Collisions

Three injured in weekend crashes

Two separate weekend crashes left two teenage girls hurt and a man in critical condition.

The first happened Friday night when a 51-year-old man in a van hit a parked car and slammed into a house near Egerton Street and Hamilton Road after going into medical distress, police say. The second crash happened at about 2 a.m. Saturday when two vehicles collided a few blocks east of the Friday incident. The northbound car's 19-year-old driver and the southbound car's 17-year-old passenger were taken to hospital.

THE CANADIAN PRESS

Student success

Fanshawe earns good marks in graduate survey

The number of Fanshawe College students who are graduating and finding jobs after earning a degree is above the provincial average, according to a new survey.

Fanshawe's graduate employment rate came in at 86 per cent, two per cent above the provincial average. The college's graduate rate sits at about 70 per cent, compared to about 65 per cent province-wide.

For full survey results, visit collegesontario.org.

METRO

Some tunes for the road

Jackson Getsinger, left, and Alex McVittie, both 18 years old and from London, kick up some tunes Sunday as they stroll through Victoria Park. Getsinger, playing an alto saxophone, and McVittie, playing a tenor, thought it was a good afternoon to jam. With the sunny, albeit nippy, weather, they decided to take their show on the road. MARK SPOWART/FOR METRO

Queens Avenue. Aboriginal health centre gets boost

The government is pumping money into the Southwestern Ontario Aboriginal Health Access Centre.

Located on Queens Avenue in London, the centre serves people living on and off reserves. It's designed to make sure health services are accessible and culturally appropriate by promoting traditional and western health practices.

An undisclosed amount of money will be given to the centre to ensure there's enough room for support programs and direct services, Health Minister and London North Centre MPP Deb Matthews said.

The money will result in more exam rooms, counselling areas and space for expansions. METRO

Diluted medications. Ontario, feds post new rules for drug mixing

The Ontario government is posting a new regulation under the Public Hospitals Act to ensure that hospitals purchase drugs only from accredited, licensed or otherwise approved suppliers.

The move comes after more than 1,200 patients received diluted chemotherapy drugs, some for as long as a year.

The province is also working with the Ontario College of Pharmacists on a regulation to give the college the power to inspect premises where pharmacists and pharmacy technicians practice, including where drugs are prepared.

The government is also contacting businesses in Ontario that may be selling compounded drugs to obtain more information about their activities.

Health Canada is also rolling out new guidelines.

THE CANADIAN PRESS

In numbers

691

Number of London Health Sciences Centre patients who received watered-down chemotherapy medication.

Awarded. Local natives Tessa Virtue, Scott Moir get provincial nod

Tessa Virtue and Scott Moir, both local natives, earned the Team of the Year honour during this year's Ontario Sport Awards, handed out Friday.

The awards recognize the province's top athletes, coaches, officials, volunteers and corporate sponsors.

Along with the ice-dancing duo, the awards recognized gymnasts, swimmers, badminton players and athletes with disabilities.

METRO

Tessa Virtue and Scott Moir perform last month at Budweiser Gardens.

METRO FILE

Celebrating Earth Day

Brothers Evan, 16, left, Nathan, 14, and Sam Maaskant, 12, all of London, pause to inspect their progress Sunday as they create an Earth Day mandala in Watson Street Park. The artwork was created from objects such as pine cones and sticks found around the park, where the city celebrated Earth Day by planting trees along the Thames River, taking in wildlife presentations and building bird houses.

DAVID DE VRIES/FOR METRO

London's SlutWalk sees record turnout

Inspiration. Participants hear several inspiring speeches from organizers before setting off down Wellington Street

A record 250 people gathered in Victoria Park and took to the streets Sunday for the third annual SlutWalk, a rally against rape and blaming victims.

Organizers think the recent high-profile suicide and alleged sexual assault of Nova Scotia teen Rehtaeh Parsons had something to do with the numbers.

James Halliday, a Western University student and yearly participant in the SlutWalk, thinks the case is forcing people to pay attention to issues that might otherwise seem removed from their lives.

Quoted

"Now people are suddenly paying attention."

SlutWalk participant James Halliday, talking about sexual assault and rape.

"It's not necessarily a new thing. Rape has always been around, but now people are suddenly paying attention," he said.

Sunday's walk marked the first for Amber St. Thomas, a Western student from Peterborough. She wanted to get involved because of her opposition to stereotypes that allow victims to be persecuted for their own assault.

"I'm happy that this walk is giving attention to cases like (Parsons') because, in my hometown, for example, there were a series of rapes, six in one summer, that didn't make the news," she said. "The only way I knew about them was because people started talking about it."

Participants heard several inspiring speeches from organizers before setting off down Wellington Street at 2:30 p.m. chanting and signing their way through the downtown core.

The march was organized by the Women's Issues Network at Western University and was supported by the Women's Events Committee and Sexual Assault Centre London.

DAVID DE VRIES/FOR METRO

Wilson dominates Knights, sends Plymouth to a series-tying win

Hat trick trouncing.
Knights drop Sunday's double-overtime thriller by a 4-3 score

JOHN MATISZ
john.matisz@metronews.ca

Call it the Tom Wilson Show.

Three times, the Plymouth Whalers winger found the back of the net on Sunday.

Three times, Game 2 of the Western Conference final series was tied, due in large part to his tenacious efforts.

Three times, the Knights simply couldn't contain him.

And then, as an encore, Wilson made sure he was on the ice for the game-winning goal.

Halfway through second overtime and on the power play, Whaler Rickard Rakell bagged the clincher to stun 9,000 at Budweiser Gardens.

"I didn't come in here thinking I'd get a hat trick," Wilson said following Plymouth's 4-3 win. "I was just trying to play hard, play for the guys."

Wilson, who was kept under wraps in Friday's Game 1 — failing to record a point and racking up nine penalty minutes — was fire in a bottle two days later.

The win wasn't all his doing, seeing as the Knights drifted from their usual tidy script. London coughed up three leads, while also failing to capitalize on three power-play opportunities in extra time.

"If you don't score on the power play, that's a killer in overtime," Knights goalie Anthony Stolarz said.

The Knights ended up going 2-for-10 with the man advantage, spoiling a 41-save performance from Stolarz. Whalers netminder Alex Nedeljkovic turned aside 61 in a victory with tide-turning potential.

In a positive light, London has done a great job shutting down Plymouth forward Vincent Trocheck, probable regular-season MVP. He is pointless in two games for only the fourth time all year.

London Knights forward Bo Horvat whacks at a loose puck in front of Plymouth Whalers goalie Alex Nedeljkovic on Sunday at Budweiser Gardens. The loss is the Knights' first defeat on home ice — and the first time the team has lost a game in which it led after two periods — this post-season. JOHN MATISZ/METRO

London Knights get a close look at future assets

John Di Lorenzo at a London Knights practice earlier this year. JOHN MATISZ/METRO FILE

Set to lose half of its defence corps this summer, with likely four veterans either turning pro or graduating junior hockey, the London Knights will have some holes to fill come fall.

Coaches got a glimpse of what the future may look like, as 36 prospects showed off their talents during a weekend mini-camp at Budweiser Gardens.

Among the talent on ice: John Di Lorenzo, a left-handed defenceman signed to an OHL contract last September.

Di Lorenzo, 16, is on pace to secure a roster spot for the 2013-14 season. He's worked out with the Knights before, coming to town to get his feet wet on two separate occasions prior to the official camp.

"There are no real words to describe what you learn," said the Port Colborne native, selected 53rd overall by the Knights during the 2012 OHL draft. "It's invaluable stuff, a lot of little things you don't really get from Jr. B."

Fire on ice

"It's pretty wild. Just standing in the tunnel watching them come out — it fires me up."

Knights prospect John Di Lorenzo, on seeing the team's current players perform.

In 48 games for the Jr. B Port Colborne Sailors this year, Di Lorenzo put up a modest point total (five goals, four assists, nine points). Creating offence isn't his forte, though; Di Lorenzo is a shutdown defender.

Another camper, 2013 fifth-rounder Josh De Farias, is quite the opposite. A strong skater with offensive upside, the 16-year-old from Brampton may end up quarterbacking the Knights power play sometime down the road. JOHN MATISZ/METRO

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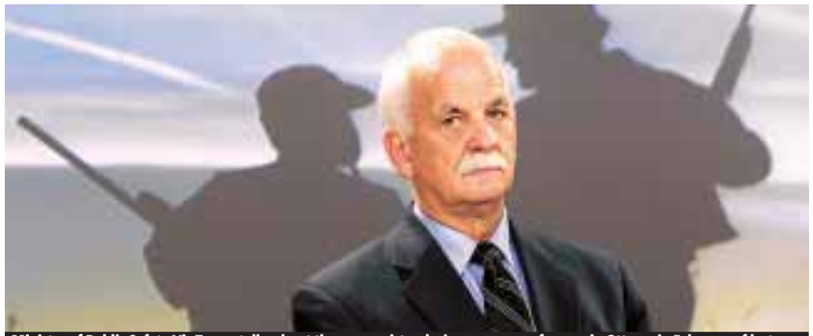
Splashy gun-registry announcements yanked



Minister of Public Safety Vic Toews talks about the gun registry during a news conference in Ottawa in February of last year. Public servants spent a month last fall preparing two splashy announcements heralding the destruction of the long-gun registry data only to have the events cancelled at the last moment without explanation. ADRIAN WYLD/THE CANADIAN PRESS

No explanation. At last moment, major national events became 'a note under the door'

Public servants spent a full month, at the "urgent" request of Public Safety Minister Vic Toews, preparing two splashy announcements heralding the destruction of the long-gun registry data — only to have the events cancelled at the last moment without explanation.

The final deletion of millions of registry records last Oct. 31 could be seen as a crowning achievement for a Conservative government that had campaigned against the registry for over a decade. Instead, Toews confirmed the destruction during a closed-door meeting in Regina in a manner that one puzzled gun advocate likens to sliding "a note under the door."

The local delivery was all the more puzzling given the taxpayer-funded resources poured into preparing two major "national" media events to mark the occasion.

As late as mid-afternoon on Oct. 29, less than 24 hours before the first media event, an email was circulated with fully developed plans for the two events attached.

And then, nothing. No events, no speeches, no photos, not even a news release.

Questions about why the communications material was prepared but not delivered were ignored by Toews' office this week. THE CANADIAN PRESS

Public safety

Toews: We can learn from Boston

Lessons can be learned by the explosions at the Boston Marathon, Canada's public safety minister said Sunday.

Canadian security forces are equipped and prepared to respond to these kinds of incidents, Vic Toews told CTV on Sunday.

One important lesson is that all levels of policing and government must work together in the event of a terrorist attack, Toews said.

"We can always learn from this type of horrific experience," Toews said.

"I'm certain that police forces right across Canada are re-examining their plans in order to determine what can we do better in order to prepare for this type of possibility."

Boston bombings.
Suspects were planning more attacks, police say

Investigators believe that two brothers suspected in the Boston Marathon bombing were likely planning other attacks based on the cache of weapons uncovered, the city's police commissioner said Sunday.

As Boston-area residents came together in prayer and reflection, the surviving suspect in the bombing lay hospitalized under guard, apparently in no shape for interrogation.

What 19-year-old Dzhokhar Tsarnaev will say and when are unclear. He remained in serious condition two days after being pulled wounded from a boat in a backyard. The capture came at the end of a tense Friday that began with his brother, Tamerlan, dying in a gun battle with police.

There was no immediate word on when Tsarnaev might be charged and what those charges would be. The twin bombings killed three people and wounded more than 180.

Boston Police Commissioner Ed Davis told CBS' Face the Nation that authorities found an arsenal of homemade explosives after Friday's gun battle between police and the two suspects.

"We have reason to believe, based upon the evidence that was found at that scene — the explosions, the explosive ordnance that was unexploded and the firepower that they had — that they were going to attack other individuals," Davis said.

The scene of the gun battle was loaded with unexploded bombs, and authorities had to alert arriving officers to them and clear the scene, Davis said.

"This was as dangerous as it gets in urban policing," he said. THE ASSOCIATED PRESS

Mourners attend a memorial for victims on Sunday near the site of the Boston Marathon bombings. KEVORK DJANSEZIAN/GETTY IMAGES

Delegation of Canadian vets heads to S. Korea

JOE LOFARO
Metro in Ottawa

Ret. Cpl. Frank Smyth said he wasn't trying to be a hero when he tried relentlessly to join the army two weeks after his 17th birthday, only to be turned away due to his age.

"Even though I kept paying people with bottles of booze to change my records, I kept getting caught," the Korean war veteran told Metro during an interview Saturday. "Someone said, 'Well, why did you want to go?' It's because that's where all my buddies were going."

Smyth is one of 36 Korean War veterans flying to South Korea — some for the first time since the armistice was signed in 1953 — who were gathered in Vancouver ahead of the trip.

Smyth finally arrived in Korea to support his friends after the armistice as a military policeman patrolling the DMZ at night, hearing the unsettling clanking of enemy tanks beyond the border.

"You didn't know what was going to happen next. It was like waiting for the shoe to drop," he said.

The DMZ will be the first visit for this delegation on Tuesday, and Smyth said it will be an emotional one for him.

"Some of these men will be even more emotional than me because they laid in the dirt and fired weapons and held them off in the battle of Kapyong," said Smyth. "These guys really put it on the line."

Honouring our heroes

Veterans Affairs Canada has declared 2013 as the Year of the Korean War Veteran.

- A delegation of veterans was invited to participate in a series of ceremonies marking the 60th anniversary of the end of the fighting.
- The 36 veterans were given certificates of recognition for their service by Veterans Affairs Minister Steven Blaney.

Alison Hamer, Veterans Affairs Canada program officer, shows a veteran the Korean War Book of Remembrance on Saturday. JOE LOFARO/METRO

Armed forces

Military probing its handling of sex-assault complaints

The Department of National Defence is investigating its handling of sexual assault complaints involving a convicted former medical technician who is facing 31 new charges.

Complaints involving James Wilks were mishandled, says a lawyer for one of his victims.

Phillip Millar, who says he is also representing several other women who have come forward, alleges Wilks' chain of command knew of the complaints but did little to act on them.

A spokeswoman with the Canadian Forces National Investigation Service would only say it started looking into the matter last month "to determine if appropriate action was taken by the chain of command of ... James Wilks when staff was made aware of his actions in the workplace." THE CANADIAN PRESS

Ontario towns on flood alert

Floodwater pours over part of a washed-out road in Huntsville on Friday. Several Ontario communities were on high alert on Sunday as they worked to contain rising water that drowned out roads and left some residents stranded.

JULIE BULLX/THE CANADIAN PRESS

Serbia's ruling parties to back deal with Kosovo

Protests. Agreement triggers outrage among nationalists; hundreds in Belgrade Sunday demand ouster of the government

Protesters wave Serbian flags in front of the monument of late Serbian Duke Mihailo Obrenovic in Belgrade Sunday, during a protest against recognition of Kosovo as an independent state. DARKO VOJINOVIC/THE ASSOCIATED PRESS

Serbia's ruling parties pledged Sunday to support a landmark agreement to normalize relations with former province Kosovo that could end years of tensions and put both states on a path to European Union membership.

Kosovo, considered by nationalists to be the medieval cradle of the Serbian state and religion, declared independence in 2008. Belgrade has pledged never to recognize the secession.

The EU brokered the tentative deal in Brussels on Friday in talks with the prime ministers of Serbia and Kosovo. The agreement would give Kosovo's ethnic Albanian leadership authority over rebel Kosovo Serbs. In return, the minority Serbs would get wide autonomy within Kosovo. THE ASSOCIATED PRESS

Thousands protest same-sex marriage bill

Demonstrators march during a rally to protest against French President Francois Hollande's social reform on gay marriage and adoption in Paris, Sunday. As opposition mounted from conservative groups from more rural parts of the country, tens of thousands of demonstrators took to Paris boulevards to protest the expected passage this week of the bill. Both houses of the French parliament have already approved the bill in a first reading. The second and final reading is expected Tuesday. Polls have shown a narrow majority of French favour allowing such unions, though the support weakens when questions about adoption and conception of children come into play. THIBAULT CAMUS/THE ASSOCIATED PRESS

Egypt

Justice minister quits: Official

A government spokesman says Egypt's justice minister Ahmed Mekky has submitted his resignation after the president's supporters engaged in violent street clashes with opponents over calls to "cleanse the judiciary."

In his resignation, Mekky mentions a new law being discussed that could dismiss 3,500 of Egypt's approximately 13,000 judges and prosecution officials by lowering the retirement age.
THE ASSOCIATED PRESS

Turning tables

China slams U.S. human rights

China criticized the human rights record of the United States in response to Washington's report on rights around the world, saying that U.S. military operations have infringed on rights abroad and that political donations at home have thwarted the country's democracy.
THE ASSOCIATED PRESS

India. 5-year-old girl who was raped improves, but protests rage in New Delhi

The condition of a five-year-old girl who was allegedly kidnapped, raped and tortured by a man and then left alone in a locked room in India's capital for two days has improved, a doctor said Sunday, as protests continued over the authorities' handling of the case.

For the second day, hundreds of people protested Sunday outside police headquarters in the capital, angry over allegations that police had ignored complaints by the girl's parents that she was missing.

An Indian girl joins protests against the alleged rape of a young girl in New Delhi Sunday. THE ASSOCIATED PRESS

About 100 university students defied police restrictions and held a demonstration at New Delhi's iconic India Gate monument late Sunday. THE ASSOCIATED PRESS

Afghanistan. Taliban cut off hand, foot of two villagers

Insurgents killed six police officers at a checkpoint and a suicide bomber killed three civilians at a shopping bazaar in separate attacks Sunday in eastern Afghanistan.

In other violence, the Taliban cut a hand and foot off each of two villagers they accused of helping escort coalition convoys, a spokesman for the provincial chief in western Herat province said.

April has been the deadliest month this year for security forces and Afghan and foreign civilians. According to a tally, 222 people have been killed in violence this month.
THE ASSOCIATED PRESS

Wastin' away ...
Singers audition for U.S. Margaritaville complex

The Boca Chica Conchestra play conch shells to Jimmy Buffett's Margaritaville in Key West, Fla. An Atlantic City complex will feature all things Buffett, including a giant blender to welcome guests. FLORIDA KEYS NEWS BUREAU/THE ASSOCIATED PRESS FILE

Four days and 50 versions of Margaritaville later, talent scouts for the Jimmy Buffett-themed restaurant, music and gambling complex that will open next month have a pretty good idea which acts they'll hire to perform there.

Bands, duos and solo artists travelled from hours away to audition last week for a prized entertainment slot at the $35 million complex scheduled to open Memorial Day weekend at Resorts Casino Hotel in Atlantic City, N.J.

Requirements include the ability to play a wide variety of music, to accommodate audience requests, and, yes, to know at least a few Buffett tunes. Not surprisingly, most of the acts opted for his tropical ode to frozen drinks and that mythical lost shaker of salt.

THE ASSOCIATED PRESS

Open for business after severe earthquake in China

A woman opens her business in a shelter near her damaged shop, Sunday, after the earthquake in Yuxi village in Lushan county in southwest China. Saturday's earthquake in Sichuan killed more than 200 people and injured more than 11,000, China's Xinhua News Agency said. THE ASSOCIATED PRESS

Russian billionaire tycoon Alisher Usmanov is seen in his Moscow office in 2004. THE ASSOCIATED PRESS FILE

New billionaire tops U.K. rich list

Alisher Usmanov.
Russian tycoon has interests in mining and Internet companies

After eight years at the top of an annual survey of the wealthiest people in Britain, steel magnate Lakshmi Mittal has conceded his place to Russian billionaire Alisher Usmanov.

Quite a few quid

£13.3B

Alisher Usmanov is valued at £13.3 billion, or $20.8 billion.

The Sunday Times, which publishes the list, says Mittal's fortune suffered a 21 per cent fall in the past year to £10 billion ($16 billion) as share values in his ArcelorMittal steel business shrank. The Indian-born tycoon dropped to fourth on this year's list.

Usmanov, who owns interests in Russian mining and Internet companies and a stake in Britain's Arsenal soccer club, is valued at £13.3 billion. He owns several homes in the U.K.

In total, the 1,000 wealthiest people named on the list boast a fortune of £450 billion, the highest on record.

Lakshmi Mittal GETTY IMAGES FILE

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URBAN COMPASS

Todd Devlin
london@metronews.ca

The field of artists is set, and the rules have been laid out.

What remains is one exciting night of painting that is certain to result in some excellent pieces of art.

It's called The Brush Off, and it's this year's signature fundraiser for the London Regional Children's Museum. At 6 p.m. on Thursday, 20 local artists will compete in a live painting competition. Four rounds and 38 original works later, a champion will be crowned.

"I've never come across an event like this before," said Ryan Mahy, one of the participating artists. "The competition is pretty incredible. There are a lot of well-known, accomplished artists that will be painting."

Giving back is a big part of the event, with proceeds going to help kids from low-income neighbourhoods visit the museum.

Many of the artists, Mahy included, have special memories of the venue.

He first got involved with the facility three years ago through the Grickle Grass Festival. He was later commissioned to transform the walls of the main entrance into a mural with a creative space cowboy theme.

"Everybody can relate to the children's museum," Mahy said. "I really see how much the organization does for everyone who goes there, and so for me to give back in any way … it makes me feel good."

James Kirkpatrick, another competitor with ties to the museum, has previous experience in art competitions. But when asked about his chances in Thursday's competition, the 35-year-old didn't mince words.

"I can guarantee there's no way I'm going to win," he said with a chuckle.

That is not to say, of course, that Kirkpatrick isn't a talented artist. On the contrary; the Beal graduate has exhibited his work in major cities throughout the U.S. and Canada, and his projects have ranged from drawings to zines to experimental sound improvisation.

When he gets out his brushes Thursday, he'll be doing it in a place that holds special meaning for him.

"I remember going to the children's museum as a kid, and I loved it," Kirkpatrick said. "It's a really interesting place, and a great place for kids to go. I remember thinking it was really cool to see that that kind of stuff existed. It sparked creativity. It has definitely influenced my work."

As for the competition, Kirkpatrick says he's ready. But, the Londoner isn't giving away any of his painting plans.

"It's even a secret to me," he said. "I don't know what I'm going to do. I generally paint and allow the piece to come together itself. It's always a surprise."

Mahy, meanwhile, acknowledges he's a bit nervous heading into the competition.

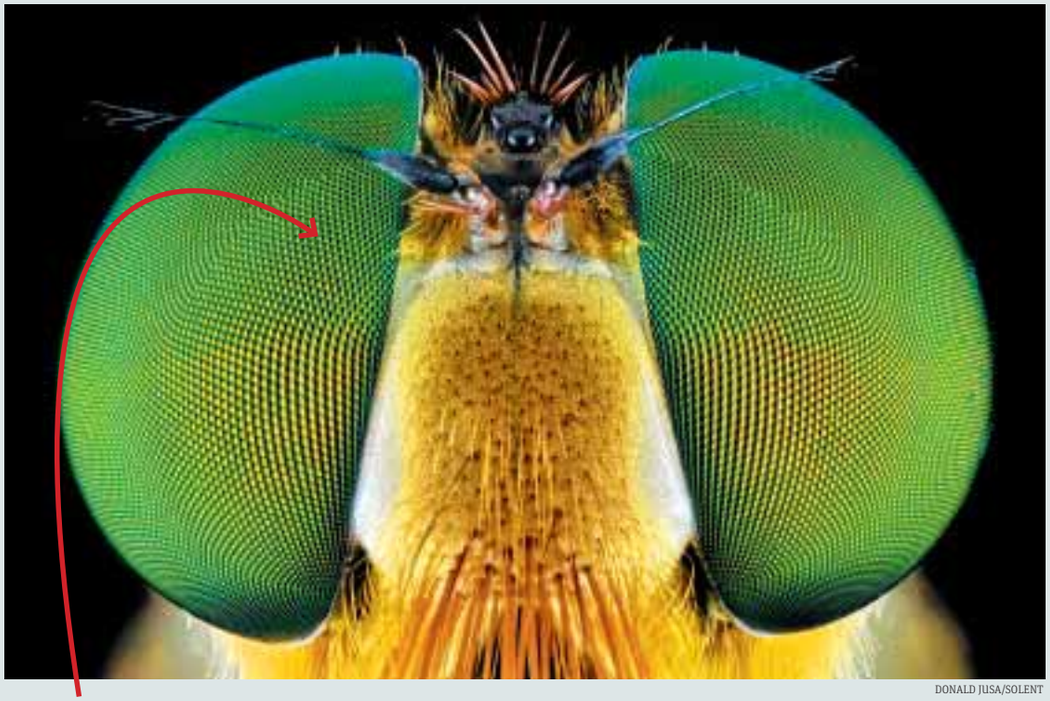
Since launching Artfusion, a community gallery in London, he's spent less time on his own work and painting projects.

"I feel honoured to have been chosen," he said. "It's a little nerve-wracking for me, but it's more exciting than anything."

Follow Todd Devlin on Twitter @UrbanCompassLdn

ZOOM

This will leave you bug-eyed



DONALD JUSA/SOLENT

Just another day around the office

The robber fly isn't camera-shy at all as it stands still to be photographed in intricate detail. Amateur photographer Donald Jusa from Indonesia used the concept of macro photography to create this unique picture. The 32-year-old geologist at a local coal mining company found these critters to snap near his office. METRO

Still photography

"The insect had to be completely silent and steady so that the photographs could be considered successful."

Donald Jusa, 32, geologist and amateur photographer from Bandung, Indonesia. He said he used a focus stacking technique which combines multiple images taken with different focuses to capture the detail and depth of focus in the image. He added that he was standing three centimetres away from the subject.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Should video games be considered art? Kidding! Who cares? The business grew to rival Hollywood without such lofty labels and will thrive without them. Either way, there's room for thoughtful criticism from people who don't go by Smokmadbluntz420 online. Here are three podcasts available on iTunes where you can find it.

Gamers With Jobs:

A nice mix of chatter about games, both video and board, from a cast of industry types with enough pull to book guests like Ken Levine, the brains behind the BioShock series.

Thirtyish Gamers:

Kids with controller in hand who grew up to become adults with controller in hand: The perfect mixture for a show that's equal parts sepia-toned nostalgia, sharp discussion about today's games and ambitious speculation about the future.

CAGcast:

If the two above sound a little too serious, this is your jam. An industry-savvy trio reviews new releases and provides the goods on where to secure the best deals in gaming. Add a dash of parenting horror stories and the quirks of living in Tokyo and you get one of the most reliably funny hours of the week.

Letters

RE: BPA In Most Canadians' Urine, Effects Unknown, published April 17

In the piece, bisphenol A or BPA is identified as being found in plastic "food and beverage containers."

Within the context of beverage containers used to package bottled water and other non-alcoholic consumer beverages, this statement requires clarification.

BPA is not used in the production of PET plastic-based beverage containers, which have been in use by the Canadian beverage industry for more than 25 years.

According to Health Canada, BPA is used to "make a hard, clear plastic known as polycarbonate, which is used in many consumer products, including reusable water bottles and baby bottles. It is also found in epoxy resins, which act as a protective lining on the inside of metal-based food and beverage cans."

Health Canada further states that "current research tells us the general public need not be concerned. In general, most Canadians are exposed to very low levels of bisphenol A, therefore, it does not pose a health risk."

John B. Challinor II
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Guelph, Ont.

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

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Carly Rae Jepsen was a big winner Sunday night, taking home the award for single of the year. LIAM RICHARDS/THE CANADIAN PRESS

I just won a Juno ... baby

Weekend of Jepsen.
Pop singer takes home hardware for her album and bubblegum hit

The Juno Awards have called Carly Rae Jepsen up to the stage — again.

The Mission, B.C., pop songwriter picked up the prize for single of the year for her infectious smash Call Me Maybe.

She's now won two Junos after a breakout year that saw her top singles charts around the world.

She's also beaten out former mentor Justin Bieber for both single and pop album of the year, though other categories that the two singers share — album of the year and the Juno fan choice award — were to be announced later during the ceremony at the Brandt Centre.

Still, the absent Bieber was the subject of a pointed barb from host Michael Bublé, who joked that the worst parts of his impending fatherhood — cleaning diapers, sleep deprivation and late-night feeds — would basically be like touring with Bieber.

The Call Me Maybe fortune extended to Josh Ramsay, co-writer of the tune and frontman of Vancouver pop outfit Marianas Trench, who brought home their first Juno Award for group of the year. In their speech, they thanked their fans — the "loyal Trenchers."

Jepsen, meanwhile, thanked a group of people — including Bieber himself.

"Wow, I feel so blessed, thank you. This is fantastic," she said. "It's crazy how you think one song can change your whole life and it's true but it's also so, so many people. ... The fans — this is for you!"

Earlier, legendary Montreal troubadour Leonard Cohen became a double winner after taking songwriter of the year (he was also named artist of the year), after the Prairie party kicked off with a monologue from Bublé.

And retro-rocking Hamilton band Monster Truck beat out a tough field that included YouTube sensations Walk Off the Earth to claim breakthrough group of the year.

THE CANADIAN PRESS

For a full list of winners visit metronews.ca

Juno fever

Jepsen the star of Saturday

The Juno Awards celebrated Canadian music stars old and new Saturday night as first-time winner Carly Rae Jepsen and veteran Leonard Cohen both scored major prizes while moody R&B singer the Weeknd led the field at a dinner gala where the bulk of the trophies were handed out.

Jepsen, the weekend's premiere nominee with a five-category haul, took pop album of the year over a stacked field that included headline-snatching superstar Justin Bieber, while Cohen won artist of the year over the both of them — his fourth career Juno. THE CANADIAN PRESS

Reese Witherspoon and Jim Toth. ALL PHOTOS GETTY IMAGES

Witherspoon and husband arrested after traffic stop

Oscar-winning actress Reese Witherspoon and her husband, talent agent Jim Toth, were arrested in Atlanta, Ga., this weekend after Toth was pulled over under suspicion of driving while intoxicated, police officials confirm to Variety.

Witherspoon was booked on a disorderly conduct charge after verbally sparring with police officers and disregarding their commands, according to the report.

"Mrs. Witherspoon began to hang out the window and say that she did not believe that I was a real police officer," according to the police report. "I told Mrs. Witherspoon to sit on her butt and be quiet. Mrs. Witherspoon asked, 'Do you know my name?' I answered, 'No, I don't need to know your name.' Mrs. Witherspoon stated, 'You're about to find out who I am. You are going to be on national news.' I advised Mrs. Witherspoon that was fine."

Both Witherspoon and Toth were jailed briefly early Sunday morning before being released.

Joel McHale

McHale not fazed by gay rumours

Joel McHale has read the speculation about his sexuality — and he's fine with it.

"I see that on Twitter every day. It's flattering," the married father of two tells the Advocate.

"I always find it really weird when guys flip out over someone thinking they might be gay. If a guy gets offended by that, there's something wrong with him. I take it as a compliment."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Bieber and Gomez playing breakup to makeup

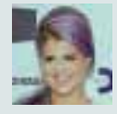
Breakup or no breakup, Justin Bieber and Selena Gomez just can't seem to keep away from each other.

The Spring Breakers star reportedly headed to Norway late last week and arrived just in time to be waiting backstage after Bieber's Oslo concert, according to Us Weekly.

"They have a crazy connection," a source says. "They just can't seem to break their connection. It can be intense."

How intense? Bieber was recently spotted clutching his iPhone — which apparently has a recent photo of Gomez as its screen saver.

Twitter



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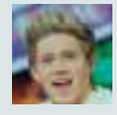

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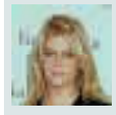

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ALAN SILFEN

Talking life:

Interview. Metro's special guests talk about fathers and sons, girls and Jada, Bieber and hip hop, and why Jaden won't party

ELISABETH BRAW
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"Will's here," says an assistant.

No kidding. His laugh — familiar from 100 episodes of Fresh Prince — booms across the Hollywood soundstage as he arrives to meet me.

Despite being the single biggest star on the planet, with a net worth of $200 million, Smith still comes off as happy-go-lucky — and happy to laugh at his own jokes.

His son, Jaden, follows behind, serious, yet gracious. A box-office draw in his own right, after The Karate Kid, the 14-year-old toplines their new film After Earth, set 1,000 years into the future.

In it, Jaden's character braves a planet overgrown by wild creatures to save his injured father, played by Smith.

In an intimate, hour-long chat, the two discussed working together, Jaden's musical style and the inevitable: life with mom.

That very week, Jada Pinkett Smith posted a Facebook missive, clarifying earlier statements about her and Will's "open relationship," calling it instead a "grown relationship."

Smith talked about that as best he could, given that his young son sat right there.

You guys work together, live together — but online, I see videos of Jaden skateboarding, talking about girls—
Jaden: Um-hmm. Um-hmm.

So I wondered—
Will: Wait. (To Jaden) You be talking about girls a whole lot?

Jaden: In interviews, Dad. About them. I'm not online, like, "Hey, girls, hello!" (Mimes taking a photo of himself) Tweet!

Will, how aware are you of what Jaden's doing?
Will: Not much at all. Not much at all. That's what I like him to think. (Laughs) I have a group of Men in Black that keep up pretty good.
Jaden: This is what I've realized: No matter what I do or how I do it, he knows 100 per cent of what's going on.

Will: (Laughs)

Jaden: There's no point in hiding anything because he knows. Whether he acts on it or not, he knows.

How do you know he knows?
Jaden: I just know that he knows (Both laugh).

Will: I heard Jaden's friend one time, they were sitting around, talking about something and I came in the room and said, "Hi" and walked out of the room and paused for a second and I hear the friend saying, "Dude, I'm telling you, he knows! He knows!" (Both laugh uproariously)

When was the last time you were punished, Jaden?
Will: We don't do punishment. The way that we deal with our kids is, they are responsible for their lives. Our concept is, as young as possible, give them as much control over their lives as possible and the concept of punishment, our experience has been — it has a little too much of a negative quality. So when they do things — and you know, Jaden, he's done things — you can do anything you want as long as you can explain to me why that was the right thing to do for your life.

Jaden: It works pretty well.

But most teenagers aren't naturally introspective. Jaden, do you find that you ask yourself deep questions about your behaviour and acting accordingly?
Jaden: Yeah. Other teenagers go to parties and sometimes I be like, "Why am I here right now?" And most of the time, I just leave right then and there. Some things I don't like to do, that other teenagers do. Everyone thinks that since you make movies, you go to parties, and I like to party, but not normal teenage parties.

Will and Jaden Smith

ALAN SILFEN

The second coming

"I mean, people are already telling me I look like him, that I talk and walk like him. If I rapped like him too, people would be like, 'Let's go on the Fresh Prince tour.'" Jaden Smith

Are you missing out on a good ol' fashioned American childhood?
Jaden: Not at all. I go out and skate every night. Hang out with people, skate, hang out with more people, skate to their house.

Will: (To Jaden) What do you see as the purpose and point? So you're not going out and partying — what's the purpose, what's the point, what are you doing?

Jaden: It's not like I don't want to go to parties because I need to study and go to college; I just don't wanna go. If they're gonna play house music, I'm maybe interested, but if it's some random place and they're playing Waka Flocka Flame...

You're anti-generic.
Jaden: Exactly.

Will, how and when did you and Jada decide Jaden could handle a full-fledged movie career?
Will: You can never be certain. You have an idea. You can feel your kids, but until the things in their lives start to unfold and the things they cause begin to have effects, you can never totally see. But we felt that because they were choosing a business that we were both successful in, then at a minimum, we could give good advice.

You used the phrase "they were choosing" but did they choose? Jaden, you were going to the red carpet when you were in diapers.
Jaden: It was not going to the red carpet so people could see us, it was going to the red carpet because we had free tickets.

Will: That's what our life was. The family has a movie so they're going.

Jaden: It started with, our mom is going to the red carpet, she doesn't want to leave us with somebody so she's going to bring us. Then it got to us walking. And then it got to us starring in movies.

Jaden, your music is trippy. It's far from Will's feel-good beats. Is that consciously your own thing?
Jaden: I mean, people are already telling me I look like him, that I talk and walk like him. If I rapped like him too, people would be like, 'Let's go on the Fresh Prince tour.'

Fresh Prince and Fresh Prince Jr. — I would go to that tour.
Jaden: I had to go way left with it because if I came out with a song with me and a bunch of girls in a car with sunglasses on (the Pacific Coast Highway) going, 'Yeah!' they'd go, 'That's the average thing to do.' Instead I came out with the video for The Coolest and people were like, 'Whoa! The camera's going upside down.'

Will, can you even connect to his music, at your age?
Will: At 14, his mind is so much deeper and more complex than my mind was at 14 years old. Lyrically, where he goes and what he creates and how the things are conceptually is beyond what I could create at 14 years old.

Or even later in your career. Miami is not telling a complex story.
Will: Right. Poetically, he's beyond where I ever go to with my music. My strength is ideas. And record structure. I knew how to make records in the way you get to the hook when the crowd wants it.

Jaden: That's what you're really good at. You could go anywhere and be like, "When I say hip, you say hop," and they'll all say it! If I go up there, I'll say, "Alright guys, I'm gonna read you a Shakespearean sonnet real quick, here I go." (Both laugh)
The funniest part to me is the music, the old school sound of the music that I have in some of my songs is like what his old school beats used to sound like. It's just different. We're the opposite, but similar in some ways.

The DNA.
Will: That's my seed. Remember where you came from.

Jaden, would you produce Will's album?
Jaden: If you decided, like, "Alright Jaden, I'm serious, I want to make an album" —

Will: Oh, if I was serious?

Jaden: I mean, you have movies to make. Businesses you want to start. You're a busy man.

Will: I see how it is.

Jaden may be too big for you, Will.
Will: I know, I know. He's very serious and very focused and has a very rare combination of talent, desire, willingness and means. Which very, very rarely do those things come together and converge in the proper timing. So I'm excited to see what he decides to do with his life.

Jaden, what happens when you're 18 and Will kicks you out of the house.
Jaden: We'll probably work together till he retires and he probably won't retire.

Will: No we've been talking about, he's been thinking about becoming an emancipated minor.

Jaden: Just thoughts that pop into my head.

They made a movie about that — a girl divorced her parents.
Jaden: Really!

Rent that, get some tips.
Will: No, it's not like that. More the idea that, I want him to have as much command and freedom if he is willing to accept responsibility. Those are two concepts that are inexorably bound. So he's a very responsible young man so he's entitled to the maximum freedom. (To Jaden) I said "inexorably." You heard that? Someone Google that for Jaden.

Justin Bieber, who you're both friends with, has been in the press for some growing pains. Did you learn anything from his last six months?
Will: I talk to Justin once a week and Justin is suffering from immature adulthood in the media and surrounding world. Justin's not doing anything that a normal 19-year-old wouldn't want to do and wouldn't need to do to become a man. The transition from boyhood to manhood is a very difficult transition that he's handling on a world stage better than 95 per cent of the people who talk s— about him.

Bieber's on Twitter. Jaden, you're on Twitter. Will, what's up?
Jaden: He doesn't have one. Usually there'll be people who have a Twitter. He doesn't have one. He likes Facebook.

Will: I got 44 million people on Facebook. I'm just saying. I don't know how many people you got on Twitter.

Jaden: I knew you were going to say that.

Will: I'm just saying, I don't know how many people you got. How many people?

Jaden: Four million.

Will: Four million. Yeah. I got that after my first number.

Jaden: I feel like people on Facebook will just randomly follow just anybody.

Will: (Laughs hysterically)

Jada's on Facebook.
Will: Oh!

Jaden: Oh!

Will + Jaden: Ohhhhhh!

Will: Oh, Mommy be going in!

Jaden: My mom goes in on Facebook! She goes in!

Is she aware other people can read what she writes?
(Both laugh loudly)

Jaden: She'll be like—

Will: She'll call a family meeting.

Will + Jaden: (Doing Jada impression) "I'm posting this on Facebook!"

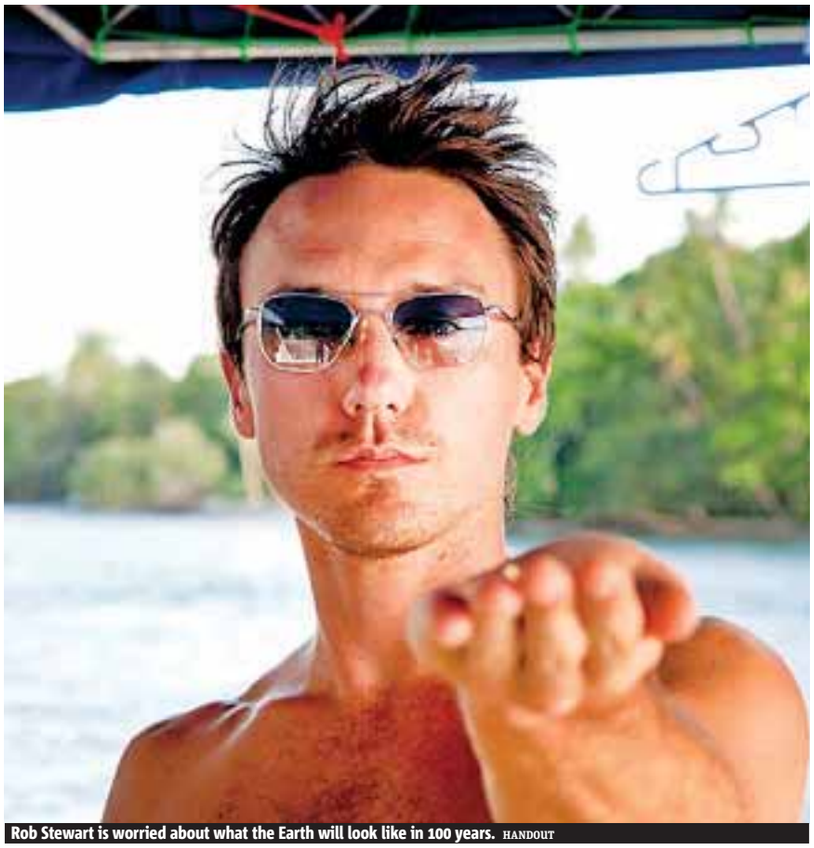
Jaden: (continuing impression) "I don't care what people say. If we get hit for this, this is what the truth of the world is." Uh, OK mom. She'll be on the phone with a manager, "I don't care what they said, I'm posting this on Facebook." I think she should write a book.

Will: Jada is very serious and opinionated and she loves Facebook because it's the only place she's ever had where she's felt like all of her can be received. She's struggled her whole life where only a part of her is OK.

In her posts, she can take a generality and break it down into a truth. She posted recently about you having a "grown relationship."
Will: A "grown relationship." (Looks down.)

Anything to add?
Will: She put some serious, hardcore truth out there. (Pauses) And I think, the five minutes we have left, aren't gonna be enough to cover it.

OK, on to the Earth Day issue then?
Will: Yes! Earth Day! Please!



Rob Stewart is worried about what the Earth will look like in 100 years. HANDOUT

Our survival on Earth 'is in jeopardy,' filmmaker says

Revolution. Toronto's Rob Stewart's latest film has humans in midst of another near extinction

IAN GORMELY
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To hear filmmaker Rob Stewart tell it, global events like today's Earth Day should be viewed more as grim reminders of the tough path ahead than as a celebration.

"We're in a really delicate situation right now where our survival is in jeopardy," says the director. "We've got to do something fast."

The dire straits Stewart describes take centre stage in the Toronto native's latest film, Revolution, which lays groundwork of humanity's survival plan for the next 100 years. "We follow life as a character through 3.5 billion years of evolution," he says. "Five mass extinctions almost wiped life off the face of the planet culminating with humans in the midst of another one of these extinctions." Escapist cinema this is not.

Stewart, a wildlife photographer turned environmental activist, recognizes that fear mongering isn't the way to draw people to your cause — appealing to their humanity is. "We've got to get an emotional reaction out of the public so that they care about it," he says. "We thought that following me around as a character would be a good way to do that."

The film opens with Stewart on press junkets promoting Sharkwater, his debut film about shark finning. During this period he realized that all his efforts to save sharks would be in vain if their entire eco-system were to collapse. From there he details the effects of ocean acidification as a result of over-consumption. By the time the credits roll, Stewart is knee-deep in the fervent activist movement coalescing around efforts to stop the destruction of the environment.

Never a fan of politics, Stewart nevertheless sees activism as the place where average Joes can make a difference. "If this was a spectator sport, we would have won already. But it's not. We're going down the tubes fast."

The list of problems facing our planet — climate change, ocean-acidification — and the factors that created this situation, roll off Stewart's tongue with ease. But he's not all doom and gloom; his optimistic outlook is palpable, making him an ideal spokesperson for the cause. Yet it's the younger generation who he's banking on.

"There's an opportunity for kids to become heroes for the eco-systems that we love. And I think this generation is going to make more heroes than ever before because we're engaging in the biggest battle humanity's ever been in," he says.

"It's going to be wicked to see what happens and it's going to call the best in humanity to the height of their potential."

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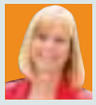
Book excerpt

Family brands you shouldn't wear proudly



IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

We all know that expression "there's no such thing as bad PR." Actually, there is. (Remember Michael Richards?) And bad public relations around your family can haunt you for years at a school, in a neighbourhood or during get-togethers with relatives. Some family branding and publicity should be avoided at all costs:

• Yelling Family: One of my personal favourites — the screeching mom, the angry teenagers, the loud bursts of a daddy baritone ... love these guys. They make the rest of us feel civil and proud. Yell on, fine people.

• Late Family: No matter what you are expecting them for — school, a wedding, a family gathering, a dinner party, or picking up your kid for hockey — these folks simply cannot arrive anywhere on time. You've tried, oh you've tried ... nothing works. This is their lifestyle.

• Disaster Family: This is the family who always manages to have at least one member fall sick or get injured on a vacation; routinely has something blow up, get wet, or collapse in their house; and has the best excuses for missing school concerts (the bulldozer drove through our basement), parent-teacher interviews (the water line to the fridge exploded in my face), or the last game of the hockey playoffs (the back tire just flew off as we drove down the highway). **EXCERPTED FROM KATHY BUCKWORTH'S I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY "THE BUSINESS," PUBLISHED BY MCCLELLAND & STEWART, 2013, AVAILABLE AT BOOKSTORES EVERYWHERE.**

Exclusively online

Occasionally, mommy and her girlfriends decide it's time to delegate child care to the daddies and have a girls' night out. But things have definitely changed since those estrogen-charged nights of years past. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

Making your next party a bit more kid-friendly

Event planning.
Organizing an event that pleases both parents and kids can be done — we promise

NATALIE SHURE
Metro World News in New York

With her L.A.-based company Chic Events, Rachel Hollis has dreamed up parties for every occasion.

She's even managed to pick up tricks to help parents please crowds of all ages.

How can party planning be more manageable for people with small children?
Have courage; people are going to be so appreciative of anything you do! Go with your strengths. If you don't know how to cook, but make good cocktails, great! You can get the food from a local restaurant. Do the things you're good at. Give yourself wiggle room on things you're less familiar with.

How can parents involve their kids?
I like to keep them busy and out of my hair. I'll often say, "Go to the backyard and find three branches and two pretty flowers," and I'll incorporate those things into the decor. It becomes a game for them.

What is the most common party-planning mistake you've seen?
Many people don't give themselves enough time. Plan like a Boy Scout. Always be prepared.

Think of the event as two separate parties — one for adults and the other for kids. ISTOCK

New Books

Tiptoe Joe

Read along as Beaver, Moose, Turkey and other forest friends follow the quiet Tiptoe Joe and his red sneakers on a trek to see a secret nestled deep in the woods.

The Dark

The Dark features text by best-selling author Lemony Snicket with genius drawings by Jon Klassen about a little boy who learns how to live with the unknown.

Open Very Carefully: A Book With Bite!

A wily crocodile finds his way into what should be The Ugly Duckling and overtakes the pages.

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Ontario

Quick and savoury: Chorizo Kale Sauté with Beans

This savoury dish comes together very quickly and makes an ideal weeknight supper.

Kale is a nutritional powerhouse that's low in calories and high in fibre as well as vitamins A, C and K.

This recipe serves four. THE CANADIAN PRESS H/O

Ingredients

- 250 ml (1 cup) water
- Pinch salt
- 50 ml (1/4 cup) pearl barley
- 350 g (3/4 lb) chorizo or Andouille sausage
- 8 sundried tomato halves, thinly sliced
- 2 garlic cloves, minced, or to taste
- 6 stalks kale
- 1 can (540 ml/19 oz) cannellini (white kidney) or Romano beans, drained
- Crushed red pepper, to taste (optional)

1. In a medium saucepan, bring water and salt to a boil. Add barley; return to a boil, then cover and reduce heat. Simmer for 40 minutes.

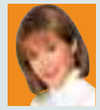
2. Heat non-stick skillet. Dice sausage and toss it into skillet, stirring to brown.

3. If dried tomatoes are very firm, soak for several minutes in warm water; drain and thinly slice. Add to skillet. Stir in garlic and sauté briefly.

4. Remove ribs from kale and thinly slice leaves. Add to skillet along with cooked barley and beans; cook until kale is slightly wilted. Sprinkle with crushed red pepper if you'd like more heat. THE CANADIAN PRESS/ GOBARLEY.COM

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

While many places are now offering on-the-run breakfast, some choices are much better than others when it comes to nutrients.

Country Style Breakfast Bagel Deluxe

500 cal/ 14 g fat/ 1,410 mg sodium

The bagel, which has few nutrients, is more dense and higher in sodium than an English muffin. The eggs are not the guilty culprit here.

Equivalent

One Country Style Breakfast Bagel Deluxe is equal in calories to nine sunny side up eggs.

Country Style Breakfast Sandwich BLT

250 cal/ 12 g fat/ 420 mg sodium

The English muffin saves you the calories, fat and sodium so you can afford to add on an egg.

Snack. Yogurt Barley Fruit Scones

1. In a large bowl, mix together whole barley flour, sugar, baking powder and baking soda.

2. In a separate bowl, lightly beat the egg and combine with plain Greek yogurt and canola oil; stir into flour mixture along with dried fruit, such as raisins or dried canberries.

3. With lightly floured hands, gather dough into a ball and place it on a lightly greased baking sheet. Flatten into a round about 2 cm (3/4 inch) thick. Cut with a knife to divide into 6 scones. Spread apart on baking sheet.

4. Bake in a 190 C (375 F) oven for 20 to 25 minutes or until lightly browned and a cake tester inserted in the centre comes out clean. Serve warm.

THE CANADIAN PRESS/GOBARLEY.COM

Ingredients

- 500 ml (2 cups) whole barley flour
- 30 ml (2 tbsp) sugar
- 12 ml (2 1/2 tsp) baking powder
- 2 ml (1/2 tsp) baking soda
- 1 egg
- 250 ml (1 cup) extra thick (Greek-style) plain yogurt
- 15 ml (1 tbsp) canola oil
- 125 ml (1/2 cup) raisins

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Find success in your new setting

New world of work.
Just arrived to Canada? Here's how to prepare for your first interview

YLVA
VAN BUUREN
CareerBear.com

Job interviews are stressful at the best of times, but when you are new to Canada and still figuring your way around, those interviews can be downright scary. A lack of confidence about Canadian culture and customs can make the interview process that much more challenging.

"To help with the jitters, practise your interview skills beforehand," advises Haris Blentic, manager of Dixon Hall Employment Services Centre in Toronto.

Dixon Hall is a community agency that offers mock interviews so job seekers can review their speaking skills, body language and approach to one of life's most stressful scenarios.

Open and engaged

Connect with the interviewer

- People often shake hands when meeting for the first time. Also, maintain eye contact and good posture during the interview. Your body language should convey confidence and trustworthiness.
- Your tone of voice should be strong. There's no need to be overly deferential or view yourself as a less-than. "Remember," says Blentic, "you're interviewing them as much as they are interviewing you."

Check with your local employment office as more and more community agencies are offering mock interviews, says Blentic.

Here's your game plan:

Be on time
Arriving late gets you a low score before you have taken off your coat. Account for travel time. If you can, do a test run in advance. Plan to arrive 10 minutes early.

Prepare ahead
Do some research online (at the library or employment office) so you understand the job you are applying for and how to dress for success. If it's an office job, you'll need to wear the appropriate clothing. If it's a warehouse job and casual clothes such as jeans are acceptable, it's still important to look tidy. If you're short on funds, there are organizations that provide professional attire for men and women. Try dressforsuccess.org and careergear.org.

Mute it
Turn off any electronic device that you carry. "I've seen it happen where a cellphone rings and interrupts an interview," says Blentic. "That's never good form."

Make a list of your strengths and weaknesses ahead of time and be prepared to counter any weakness with a positive
For example, if you don't know how to work with a certain software program, tell the interviewer that you are a quick study. If you are still struggling with English (and don't need to be fluent for the job), be sure to say you are taking English language lessons.

The great web of work

- Career Bear is Canada's premier source for people who want a new career but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.

Don't be too shy: Some newcomers struggle with their self-confidence and tend to give yes or no answers. Elaborate and provide specific examples.
ISTOCK

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CANADIANS ACT FOR THE PLANET

On April 22, more than six million Canadians will celebrate Earth Day by taking part in some type of event, project or activity. Some will join in a large public event, such as Victoria's Earth Walk, Edmonton's Earth Day Festival in Hawrelak Park, or the Waterways Clean-up in Oakville, Ont. Others will participate in smaller private events organized by schools, employee groups or community centres.

Much of the credit for galvanizing environmental awareness goes to Earth Day Canada (EDC), a national charity founded in 1990. EDC designs, delivers and co-ordinates dozens of programs, projects and activities across Canada. This, in turn, sensitizes Canadians to environmental issues and encourages them to take effective action. EDC's efforts have earned it a string of awards from such groups as the Canadian Network for Environmental Education and Communication, and the Washington-based North American Association for Environmental Education.

ISTOCKPHOTO/THINKSTOCK

"The key to making progress on environmental issues is partnership," says EDC president Jed Goldberg. "We partner regularly with thousands of public- and private-sector organizations across the country. Being part of a larger team inspires people to act."

Act for the Planet, EDC's primary campaign for 2013, focuses on encouraging both groups and individuals to take specific, practical steps to reduce energy consumption and promote sustainability. A calendar lists tips and links; a dedicated Facebook page offers daily challenges and community discussions. The campaign also provides teachers and students with information and support.

EDC's Eco-Kids program combines partnership with outreach and education. The program provides a wealth of resources — including lesson plans, activity sheets and other handouts — to teachers. Along with materials tailored to elementary school curricula, teachers and students can access stickers, temporary tattoos, bookmarks and posters; they can also create and share online profile pages of EcoKids schools, activities and accomplishments.

EDC also runs a program that encourages children to nurture their environmentalist spirit as they grow up. Each year, the Toyota Earth Day Scholarship Program grants 20 awards of $5,000 each for tuition, books and other expenses associated with full-time post-secondary study in Canada.

– Ron Kassner

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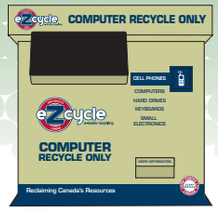

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TREES PLAY VITAL ROLE

Tree-planting events have been a popular part of Earth Day since the very beginning. The reason for this is simple — planting trees is one of the most effective ways to improve the environment. It is a progressive, optimistic and practical expression of respect for the planet. In both a literal and figurative sense, planting a tree is about putting down roots and creating a better future.

Trees play a number of vital roles in ecosystems around the world, particularly in cities and other developed areas. They filter pollution from the air, convert carbon dioxide into oxygen, recycle water and rejuvenate soil. Their shade helps reduce summer temperatures, while their branches provide perches and homes for birds and other animals. Humans benefit from their soothing effect, their fruits and nuts, and the shelter they give from wind and rain.

Despite all of these advantages, however, the reality is that trees in Canada are under threat like never before. The forestry industry, along with habitat loss due to population growth and agriculture, continues to diminish the number of trees in this country. Compounding the problem in recent decades has been the steady march of invasive insects.

ISTOCKPHOTO/THINKSTOCK

The pine beetle, emerald ash borer, European gypsy moth, brown spruce longhorn beetle and sirex wasp have all devastated stands of trees from coast to coast. The impact of invasive species has been particularly dramatic in many urban neighbourhoods, where single species, such as the ash tree, were planted almost exclusively decades ago. Suddenly, the canopy is gone and the neighbourhood feels bare, cold and unwelcoming.

When it comes to choosing which species of tree to plant, consider several key factors, such as soil type, rain patterns and distance from obstacles such as overhead wires, buildings and fences.

– Peter Doyle

AWARENESS IS KEY TO SOCIAL CHANGE

Earth Day, created as an awareness-raising event more that 40 years ago, continues to inspire people to adopt new environmentally friendly habits.

When millions of people wake up on April 22 and realize that it's Earth Day, many will ask: "What difference will it make?" Yet, just by pondering the precarious state of the environment, they have answered their own question: They are aware. Millions of us are aware. And that makes all the difference in the world.

As history demonstrates, awareness is the vital first step in bringing about change. For decades, second-hand smoke was quietly tolerated. As more and more people became aware of the dangers of cigarette smoke, however, the clean-air movement was born. Activists formed groups and coalitions, rallied the general public to their cause and inspired governments to ban smoking from public places.

JUPITERIMAGES/BRAND X PICTURES/THINKSTOCK

The fight against racism has also been a long struggle and the progress made to date has been inspired by the public's growing awareness of the issues at stake. We have made great strides since the far-off days of slavery and the not-so-far off days of segregation and blatant discrimination. In 1955, Rosa Parks refused to give up her seat on a bus in Montgomery, Ala., to a white man. Her fight for justice soon became a national story across the U.S., and society took notice. The civil rights movement gained momentum, and attitudes towards racial intolerance began to change.

As the spotlight shines ever more brightly on the harmful practices of corporations, the wasteful ways of citizens and businesses, and the high-consumption habits of Western society, environmental awareness continues to grow. Gradually, the old ways of doing things are less and less acceptable.

We can be proud of the efforts of Earth Day organizers and volunteers to raise awareness of the problems facing the environment. But now that we're aware, what's next? That's where the real test begins. We must apply what we know to our day-to-day lives; we must take the concrete, practical steps that we know can reduce our environmental footprint. Awareness must inspire us to take action.

– Ron Kassner

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RECYCLE WITH STYLE AT VALUE VILLAGE

Shopping and donating at Value Village provides a great way for customers to reduce, reuse and recycle.

There are many ways consumers can make small changes in their daily habits in order to have a positive impact on the environment, from switching to energy-efficient light bulbs and eco-friendly cleaning products to carrying reusable shopping bags. What many don't realize is that one of the easiest ways to "go green" is by shopping thrift. When you shop at Value Village stores and donate reusable items to its non-profit partners, you are keeping goods out of landfills and giving pre-loved treasures a brand new life.

"We know that families across Canada are clearing out their clutter and getting organized with spring cleaning," says Tony Shumpert, vice-president of recycling operations for Value Village. "By donating these items, instead of simply throwing them away, you can give back to your community and save quality goods from polluting the Earth. In fact, Value Village operates one of the largest recycling programs in the world, saving more than 600 million pounds of goods from landfills last year alone."

So how does it work? Every Value Village location partners with a charitable organization in its community, including Canadian Diabetes Association and Ontario Federation for Cerebral Palsy. All year round, each store pays its non-profit partner for every donated item, including clothing, housewares, books and more. Over the past 10 years, Value Village has purchased more than $1.5 billion of goods from its partners — turning otherwise unused items into sustainable funding that supports the non-profit's vital community programs and services.

CONTRIBUTED

FRESH AND EVER-CHANGING SELECTION

Shopping thrift is a great way to snag fashionable clothing and one-of-a-kind accessories, collectibles, books and household items for a bargain. Value Village purchases its merchandise from more than 60 non-profit offices across Canada, which allows each store to stock nearly 100,000 items on its sales floor each and every day. So the selection is ever-changing and always fresh.

The highest quality items are priced at a great value and displayed on Value Village's sales floors for purchase, while merchandise not suitable for resale is responsibly recycled.

Residents with clothing or household goods to donate can call participating non-profits for a home pickup or drop off their items at convenient Community Donation Centres located at every Value Village store.

For more on Value Village's non-profit partnerships and recycling efforts, or to find a Community Donation Centre near you, visit valuevillage.com.

Good things come from a donation.

Save 30%

When you donate two bags or boxes of reusable clothing or household items at the Community Donation Centre located at Value Village! Now thru May 4, 2013. Value Village pays local nonprofits every time you donate, and recycling helps planet Earth! Thank you!

Offer good now thru May 4, 2013. One coupon per visit. Minimum two box/bag requirement. Each box/bag must be equal to or larger than one full brown paper grocery store shopping bag. See coupon for details.

Donations Benefit:

Canadian Diabetes Association

FCP Ontario Federation for Cerebral Palsy

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NBA. Spurs draw first blood vs. Kobe-less Lakers

The Lakers' Dwight Howard defends a shot by Gary Neal of the Spurs on Sunday. GETTY IMAGES

Manu Ginobili and Tony Parker scored 18 points each as the San Antonio Spurs led from early in the first quarter and beat the Los Angeles Lakers 91-79 on Sunday in Game 1 of their Western Conference first-round series.

Tim Duncan added 17 points and 10 rebounds, Matt Bonner had 10 points and Kawhi Leonard had eight points and 11 rebounds for San Antonio.

Dwight Howard had 20 points and 15 rebounds, Steve Nash scored 16 points and Pau Gasol added 16 points and 16 rebounds for Los Angeles.

Despite the double-doubles from Howard and Gasol, the Lakers failed to take full advantage of their inside presence, much to the consternation of the injured Kobe Bryant, who watched the national broadcast.

"Post. Post. Post," Bryant tweeted in reference to the Lakers' offence.

"What I would say if I was there right now? 'Pau get ur (butt) on the block and don't move till u get it.'"

Bryant is out for the remainder of the season with a torn Achilles.

Nash, who returned after missing nine games with a hip/hamstring injury, gave the Lakers their only lead with a jumper on the game's opening possession. THE ASSOCIATED PRESS

Blue Jays rally to avoid sweep by the Yankees

MLB. Toronto receives a number of timely offensive contributions

This time the rally stuck.

One day after an 11th-inning defensive blunder spoiled a Toronto comeback, the Blue Jays reeled off six straight runs Sunday afternoon to down the New York Yankees 8-4 and avert a series sweep.

Toronto heads off to Baltimore for three games and then New York for four, thinking it may finally be heading down the right road after a wobbly start.

"We still have that feeling inside that we're close to breaking out and getting everything going in the right direction," manager John Gibbons said.

"Baseball, since you do play every day, is an emotional roller-coaster," he added. "So many ups and downs. We haven't really had that good feeling (yet) ... We've got a good ball club. We just think it's a matter of time. Maybe today's something that will get us going."

There were a lot of contributors to Sunday's win.

With Toronto trailing 4-2, Brett Lawrie doubled home two runs in a four-run sixth inning. J.P. Arencibia hit his seventh homer one inning later to keep the comeback cooking.

Adam Lind tied a club record with four consecutive walks, Melky Cabrera went 3-for-4 and Colby Rasmus went 2-for-3, driving in a run with a timely hit off a left-hander.

THE CANADIAN PRESS

On Sunday

Blue Jays	Yankees
8	4

Toronto Blue Jay Brett Lawrie reacts after scoring a run against the New York Yankees in Toronto on Sunday. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

MLB

Angels tame Tigers in 13th inning

Mark Trumbo homered leading off the bottom of the 13th inning and Albert Pujols doubled home two runs, leading the Los Angeles Angels to a 4-3 victory over Detroit on Sunday for their second straight series sweep of the Tigers.

Trumbo drove a 3-1 pitch into the top part of the double-decker bullpen in left-field for his second homer of the season.

THE ASSOCIATED PRESS

NHL

Nugent-Hopkins done for season

Edmonton Oilers forward Ryan Nugent-Hopkins will miss the remainder of the season due to a shoulder injury, the club announced Sunday.

The team said on its Twitter account that Nugent-Hopkins is flying to Cleveland to have his shoulder examined and that surgery is likely.

THE CANADIAN PRESS

Playoff-bound Leafs

"It's playoff hockey. Especially for our city, it's been a little while so I know they're anxious for (the playoffs), they're ready for (the playoffs.)"

Toronto goalie James Reimer after the Maple Leafs clinched a playoff spot for the first time since the 2003-04 season with a 4-1 win over the Senators in Ottawa on Saturday night.

Horoscopes

♈ Aries
March 21 - April 20
There is something you must do but you are not looking forward to it one little bit. Don't worry.

♉ Taurus
April 21 - May 21
If you break the rules today others will judge you in a way that may not be fair, but you will only have yourself to blame. You know what is and is not permissible, so think before you act.

♊ Gemini
May 22 - June 21
You may have got a rival right where you want them but now you are in control of the situation ask yourself, do you really want to make them suffer? You've won already

♋ Cancer
June 22 - July 23
You may be worried that a plan of some kind is not working out the way you expected but don't start changing things around just yet.

♌ Leo
July 24 - Aug. 23
Is your sixth sense telling you that a loved one needs your help? Well it should be and if it isn't it means you are too wrapped up in your work to notice

♍ Virgo
Aug. 24 - Sept. 23
It seems you have been letting your fears get the better of you and if you allow it to continue it will affect your mood all week long. Don't let it happen. The world is still pretty marvelous – and so are you.

♎ Libra
Sept. 24 - Oct. 23
It seems you have been letting your fears get the better of you and if you allow it to continue it will affect your mood all week long. Don't let it happen.

♏ Scorpio
Oct. 24 - Nov. 22
Your money problems may be worrying but they are not as bad as you think. In fact over the next few days there will be signs that you are over the worst.

♐ Sagittarius
Nov. 23 - Dec. 21
You need to identify your most important goal and focus on it to the exclusion of everything else.

♑ Capricorn
Dec. 22 - Jan. 20
You need to identify your most important goal and focus on it to the exclusion of everything else. Most of all though you need to stop worrying about what the future may bring.

♒ Aquarius
Jan. 21 - Feb. 19
Do you do something worthwhile or do you do something purely for fun? That is the question you are struggling with but you can have it all you know. Make time in your life for the meaningful and the mundane.

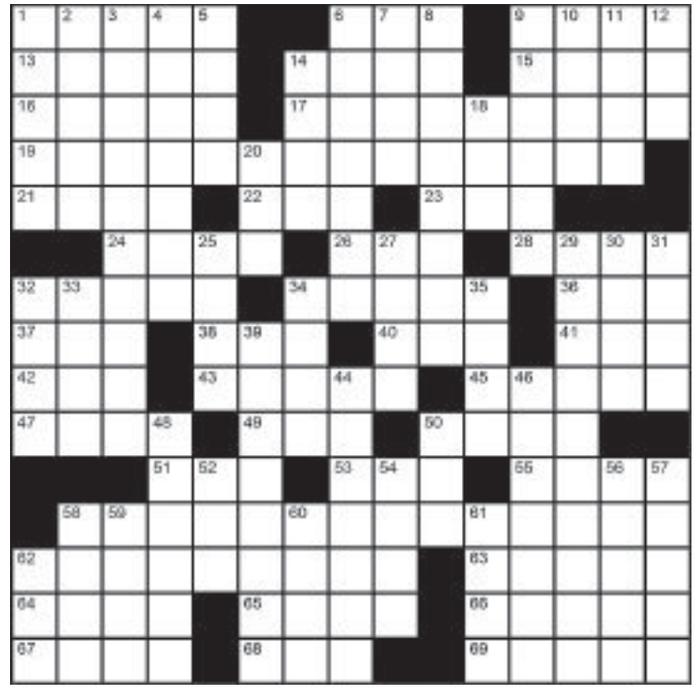
♓ Pisces
Feb. 20 - March 20
You must let other people know how you feel today. If you don't they may assume you have no feelings towards them at all, and that's a recipe for disaster.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across

1. Puffed product
6. Raptors' venue, commonly
9. Wind blast
13. "Kukla, Fran and __"
14. "Two guys walk into _ __..." (Joke intro)
15. 'Origin' suffix
16. Corporate jets
17. __ Falcon (Bird of prey)
19. Star couple's torn photo headline: 2 wds.
21. 'N' of CSNY
22. 'Bomb' add-on (Pompous talk)
23. "__ _ recall..."
24. Neat
26. Eithers partners
28. Single-reed instr.
32. Rubbish
34. Bichon __ (Small dog breed)
36. Rock producer Brian
37. Greedily take
38. Prefix to 'centre'
40. Not opposin'
41. Classic music gr. in Canada's largest city
42. 1 ...spelled-out
43. Centre point
45. Old Irish alphabet
47. Singer Mr. Anthony
49. Form of theatre in Japan in which masks are worn
50. 'Ab' add-on (Soak up)
51. Carly Jepsen link
53. Diving bird
55. Highlands tongue
58. Element of Canada's Economic Action Plan 2013: 2 wds.
62. They dot the shores of The Great Lakes: 2 wds.
63. Tyler Perry character
64. 'Synth' suffix
65. Greek Myth: Earth goddess [var. sp.]
66. Won, but just barely
67. "Fancy that."
68. This season [abbr.]
69. Highway-crossing animals

Down

1. Filmdom's Mr. Farrell
2. "_ __ _ goal in." (Goaltender's reality)
3. "Don't Forget Me (When I'm Gone)" band: 2 wds.
4. Goodyear Blimp, for one
5. Breathing, for short
6. Hoodlum helper
7. Autos
8. Icy hazard on Mount Everest
9. Roasted __
10. Gas or elec., e.g.
11. Loudness of sound unit
12. Three, in Tuscany
14. Sacred bull of ancient Egypt
18. WWII soldiers
20. Set down
25. Judge
27. Great __ Valley
29. Alberta city
30. Vase's looped handle
31. House's one-of-some
32. Mr. Yorke, Radiohead singer
33. Canadian hardware store
34. Doggie
35. 'Switch' suffix
39. What 'knotty' cabins are built from: 2 wds.
44. Canadian actor, William __
46. Explosive song by Bruno Mars
48. Mark of "This Hour Has 22 Minutes"
50. Music style
52. Ctrl, Shift, __
54. Constellation, __ Major
56. Smile scornfully
57. "Blimey!"
58. __ __ speak
59. Mr. Kristofferson
60. Give and take
61. Chatted, with AOL
62. Classify, informally

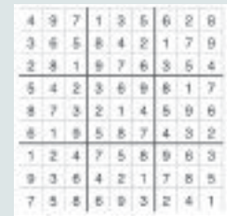
Friday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

5	2		1	3				
		4	6	8				7
3					2	4	5	
1		9			8		2	
	8		3		9		4	
	3		2			8		9
	9	3	5					4
6				4	3	1		
				2	6		7	5

Friday's Sudoku



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